



# SHHS – Sleep Heart Health Study

*at a glance*

The Sleep Heart Health Study, is a National Heart, Lung and Blood Institute (NHLBI) sponsored multi-center cohort study that was conducted in 10 U.S. communities to determine the cardiovascular and other consequences of sleep-disordered breathing. Recruitment of the cohort began in 1995 and a total of 1,184 women and men aged 40-99 years were selected from two parent cohorts - The Atherosclerosis Risk in Communities (ARIC) Study and The Cardiovascular Health Study (CHS).

Geographic areas and their respective SHHS field centers nationally include:

- Pittsburgh, PA – University of Pittsburgh
- Sacramento, CA – University of California
- Suburban Minneapolis, MN – University of Minnesota
- Washington County, MD – Johns Hopkins University
- Tucson, AZ – University of Arizona
- Framingham, MA – Boston University
- New York, NY – New York University
- Phoenix, AZ – University of Arizona
- Oklahoma City, OK – University of Arizona
- South Dakota – University of Arizona

The data coordinating center for the SHHS is based in the Center for Clinical Trials at the Johns Hopkins University in Baltimore, Maryland. Other collaborating centers include: the Data Coordinating Center at the University of Washington, in Seattle, Washington (SHHS1) and the Polysomnographic Reading Center at Case Western Reserve University in Cleveland, Ohio. Principal Investigators at JHU have included: Dr. F. Javier Nieto, and currently Dr. Naresh Punjabi. Additional investigators include Dr. Philip L. Smith.

Two sleep study home visits and one follow-up home visit for all participants have occurred since the study began. Data was collected from various physical and interview procedures at these visits, including polysomnography (PSG), seated blood pressure, ankle-brachial index, anthropometry, electrocardiogram, and health, sleep habits, medication, and other lifestyle questionnaires.

To date, the SHHS project has published several articles in peer-reviewed journals associating sleep-disordered breathing with hypertension, cardiovascular disease, diabetes and insulin resistance. In addition, data from the SHHS have been presented at numerous national and international scientific conferences and meetings.

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For more information, visit the **SHHS public website** at [//www.jhucct.com/shhs/](http://www.jhucct.com/shhs/)